



Complete **Anatomy** 2020

Video Packs

Educational videos covering a wide range of topics

Cardiology

64 beautiful animations showing cardiac pathologies and procedures in exquisite detail.

Dentistry

Over 175 animations covering dental conditions and treatments for patient education.

Orthopedics

Over 400 cutting edge animations, featuring conditions, treatments, and fractures.

Ophthalmology

35 animations explaining how the eye functions, as well as diseases, conditions, and treatments.

Fitness

Over 900 animations detailing a wide range of exercises for gym and home workouts.



Pathologies

ABNORMAL RHYTHMS

Atrial Fibrillation
 Atrial Tachycardia
 Sinus Bradycardia
 Sinus Tachycardia
 Ventricular Fibrillation
 Ventricular Tachycardia
 Polymorphic Ventricular Tachycardia
 Third Degree AV Block
 Heart Block
 Premature Atrial Contractions
 Premature Ventricular Contractions

AORTIC ABNORMALITIES

Thoracic Aortic Aneurysm
 Coarctation of the Aorta
 Patent Ductus Arteriosus

AORTIC ABNORMALITIES - CONT.

Thoracic Aortic Dissection
 Traumatic Aortic Transection

CARDIAC TUMOURS

Left Atrial Myxoma
 Melanoma

COMPLICATIONS FOLLOWING HEART ATTACK

Left Ventricular Aneurysm
 Left Ventricular Rupture
 Left Ventricular Thrombus
 Post Infarct Ventricular Septal Defect
 Pericarditis

CORONARY ARTERY DISEASES

Angina
 Atherosclerosis

CORONARY ARTERY DISEASES - CONT.

Cholesterol
 Heart Attack - Myocardial Infarction

SEPTAL WALL ABNORMALITIES

Atrial Septal Aneurysm
 Atrial Septal Defect
 Patent Foramen Ovale
 Ventricular Septal Defect

VALVE ABNORMALITIES

Aortic Insufficiency
 Aortic Stenosis
 Bicuspid Aortic Valve
 Endocarditis
 Mitral Regurgitation
 Mitral Stenosis



Pathologies

OTHER

Wolff-Parkinson-White Syndrome
 Congestive Heart Failure - HFpEF
 Congestive Heart Failure - HFrEF
 Pulmonary Embolism
 Normal Sinus Rhythm

STROKE

Ischemic Stroke
 Hemorrhagic Stroke
 Transient Ischemic Attack

Procedures

Abdominal Aortic Stent
 Aortic Root Replacement
 Aortic Valve Replacement
 Coronary Artery Bypass Grafting
 Coronary Stent
 Heart Catheterization
 Implantable Cardiac Defibrillator
 Mitral Valve Repair

Mitral Valve Replacement
 Pericardial Window
 Permanent Pacemaker
 Placement of a Septal Occluder
 Atrial Septal Defect Closure (Clam Shell or Amplatz Device)
 Replacement of the Ascending Aorta and Aortic Arch
 Replacement of the Ascending Aorta
 Trans Aortic Valve Insertion (BAV)

Trans Aortic Valve Insertion (SEV)
 Trans Aortic Valve Insertion (BEV)
 FREE: Defibrillator



Conditions

ENDODONTICS

Abscess, Combined Lesion
Abscess, Endodontic

ORAL SURGERY

Missing Tooth Sequelae
Sinus Pneumatization
TMJ Displacement without Reduction
TMJ Displacement with Reduction
TMJ Normal Function
Third Molar Impaction, Crowding
Third Molar Impaction, Resorption

ORTHODONTICS

Malocclusion I - Crowding
Malocclusion I - Spacing
Malocclusion I - Rotation
Malocclusion II - Increased Overjet

ORTHODONTICS - CONT.

Malocclusion I - Anterior Crossbite
Malocclusion III - Posterior Crossbite
Malocclusion I - Open Bite
Malocclusion I - Deep Bite
Malocclusion III - Anterior Crossbite

PERIODONTICS

Abscess Periodontal
Pericoronitis
Periodontal Disease
Gum Recession

PROSTHODONTICS

Abfraction
Broken Cusp
Cracked Tooth (Supragingival)
Cracked Tooth (Subgingival)

PROSTHODONTICS - CONT.

Cracked Tooth Vertical (Furcation)
Cracked Tooth (Oblique Root)
Cracked Tooth Vertical Root
Cracked Tooth (Vertical Apical Root)
Cracked Tooth at Amalgam
Broken Cusp at Amalgam
Decay (Cervical)
Decay (Crown Margin)
Decay (Interproximal)
Decay (Occlusal)
Decay (Root)
Decay (Secondary)
Chipped Teeth
Decay (Cervical) Cross Section
Overhanging Restoration



Diagnostics

Laser Cavity Detection

Disclosing Tablets

Laser Gingivectomy to Expose Decay

Morphology: Universal Numbering System

Morphology: FDI Notation

Morphology: Palmer Notation

Prevention

Brushing Bass Technique

Brushing Normal Technique

Dental Sealants

Flossing Technique

Night Guard - Full Arch

Night Guard - Grinding Teeth

Night Guard - NTI

Sports Mouthguard - TMJ

Sports Mouthguard

Treatment

ENDODONTICS

Apexification

Apicoectomy

Pulp Cap - Direct

Pulp Cap - Indirect

Root Canal Therapy

ORAL SURGERY

Extraction - Impaction Horizontal

ORAL SURGERY - CONT.

Extraction - Impaction Partial

Extraction - Impaction Vertical

Extraction - Simple

ORTHODONTICS

Appliance - Anterior Crossbite (Class I)

Appliance - Hawley Retainer

Appliance - Palatal Expander

ORTHODONTICS - CONT.

Braces - Anterior Crossbite

Braces - Clear Tray

Braces - Crowding

Braces - Deep Bite

Braces - Lingual

Braces - Metal

Braces - Open Bite



Treatment

ORTHODONTICS - CONT.

Braces - Overbite
 Braces - Plastic
 Braces - Porcelain
 Braces - Posterior Crossbite
 Braces - Rotation
 Braces - Self Ligating
 Braces - Spacing
 Clear Tray - Anterior Crossbite
 Clear Tray - Crowding
 Clear Tray - Deep Bite
 Clear Tray - Open Bite
 Clear Tray - Overbite
 Clear Tray - Rotation
 Clear Tray - Spacing
 Clear Tray Posterior Crossbite

PERIODONTICS

Antibiotic Gel
 Antibiotic Microspheres
 Chemotherapeutics - Periochip
 Electrosurgery - Gingivectomy
 Gingival Autograft
 Laser - Decay Removal, Cervical
 Laser - Gingivectomy, Cosmetic
 Laser Assisted Periodontal Therapy
 Non-Surgical Scaling & Root Planing
 Non-Surgical Splinting
 Surgical - Block Bone Graft
 Surgical - Crown Lengthening, Cavity
 Surgical - Crown Lengthening, Crown
 Surgical - Guided Tissue Regeneration
 Surgical - Sinus Lift with Implants
 Surgical - Sinus Lift

PROSTHODONTICS

Bridge - Base Metal
 Bridge - Cantilever
 Bridge - Full Gold
 Bridge - Maryland
 Bridge - Porcelain, Posterior
 Bridge - Porcelain Fused to Metal
 Bridge - Porcelain, Anterior
 Crowd - CAD/CAM
 Crown - Buildup, Amalgam
 Crown - Build Up, Composite
 Crown - Ceramic
 Crown - Gold
 Crown - Metal
 Crown - Porcelain Fused to Gold
 Crown - Porcelain Fused to Metal
 Denture - Fixed, 2 Locator Implants



Treatment

PROSTHODONTICS - CONT.

Denture - Fixed, 2 O Ring Implants

Denture - Fixed, 4 Locator Implants

Denture - Fixed, Custom Bar

Denture - Fixed, Hader Bar

Denture - Fixed, Mini Implants

Denture - Fixed, Multi-Abutments

Denture - RPD, Class I Bilateral

Denture - RPD, Class II Unilateral

Denture - RPD, Class III Unilateral

Denture - RPD, Class IV Bilateral

Denture - RPD, Nesbit

Denture - RPD, No Metal

Denture - RPD, Stay Plate (Flipper)

Enameloplasty

Filling - Chipped Tooth

Filling Cervical - Air Abrasion

Filling Cervical - Drill

Filling Occlusal - Air Abrasion

Filling Occlusal - Drill (Amalgam)

Filling Occlusal - Drill

Implant - Bridge, Gold

Implant - Bridge, PFM

Implant - Bridge, Porcelain on Metal

Implant - Bridge, Porcelain on Zirconia

Implant - Bridge, Screw Retained

Implant - Immediate, Anterior

Implant - Immediate, Posterior

Implant - Metal, CAD/CAM Crown

Implant - Metal, Gold Crown

Implant - Metal, PFM Crown

Implant - Metal, Porcelain Crown

Implant - Screw Retained Crown

Implant - Titanium, Procera Crown

Implant - with Immediate Bone Graft

Implant - Zirconia, CAD/CAM Crown

Implant - Zirconia, Porcelain Crown

Implant - Zirconia, Procera Crown

Implant In-1-Step, Anterior

Implant In-1-Step, Posterior

Implant In-2-Step, Anterior

Implant In-2-Step, Posterior

Inlay - CAD/CAM

Inlay - Gold

Inlay - Metal

Inlay - Porcelain

Onlay - CAD/CAM

Onlay - Gold

Onlay - Metal



Treatment

PROSTHODONTICS - CONT.

Implant - Titanium, Procera Crown

Implant - with Immediate Bone Graft

Implant - Zirconia, CAD/CAM Crown

Implant - Zirconia, Porcelain Crown

Implant - Zirconia, Procera Crown

Implant In-1-Step, Anterior

Implant In-1-Step, Posterior

Implant In-2-Step, Anterior

Implant In-2-Step, Posterior

Inlay - CAD/CAM

Inlay - Gold

Inlay - Metal

Inlay - Porcelain

Onlay - CAD/CAM

Onlay - Gold

Onlay - Metal

Onlay - Porcelain

Overdenture with Gold Abutments

Post & Core - Anterior Tooth Prefabricated Resin

Post & Core - Cast Gold

Post & Core - Cast Metal

Post & Core - Prefabricated Metal

Post & Core - Prefabricated Resin

Veneer - Chipped, Composite

Veneer - Discolored, Composite

Veneer - Discolored, Porcelain CAD/CAM

Veneer - Discolored, Porcelain Lab

Veneer - Worn, Porcelain Lab

Veneers - Chipped, Porcelain CAD/CAM

Veneers - Chipped, Porcelain Lab

Veneers - Diastema, Composite

Veneers - Diastema, Porcelain CAD/CAM

Veneers - Diastema, Porcelain Lab

Veneers - Worn, Composite

Veneers - Worn, Porcelain CAD/CAM



Ankle & Foot

CONDITIONS

Achilles Tendinitis
 Achilles Tendon Tear
 Ankle Eversion Sprain
 Ankle Inversion Sprain
 Ankle Inversion Sprain (Grades 1-3)
 Ankle Inversion Sprain with Peroneal Tendon Tear
 Avascular Necrosis of Talus
 Bunion (Hallux Valgus)
 Calcaneal Bursitis
 Gout
 Hallux Rigidus
 Hammertoe
 High Ankle Sprain
 Osteoarthritis
 Peroneal Tendonitis and Tear
 Rheumatoid Arthritis of MTP Joints

CONDITIONS - CONT.

Tibial Cartilage Degeneration
 Tibialis Posterior Tendonitis

TREATMENTS

Achilles Tendon Repair
 Ankle Arthroplasty (No Cement)
 Ankle Fusion (Arthroscopic)
 Ankle Spur Removal
 Basal Metatarsal Osteotomy (Opening Wedge Plate)
 Cheilectomy
 Chevron Osteotomy
 First MTP Fusion
 First MTP Joint Arthroplasty
 Scarf Osteotomy with Akin Osteotomy
 Tibial Cartilage Repair
 Total Ankle Arthroplasty (Mobile Bearing)

FRACTURES

Ankle Fibula Avulsion
 Ankle Fibula Transverse
 Ankle Fibula Transverse Fixation
 Ankle Fibula Transverse Fixation Plate
 Ankle Fibula Oblique
 Ankle Fibula Oblique Rupture
 Ankle Fibula Oblique Rupture Fixation
 Ankle Fibula Oblique Rupture Fixation Plate
 Ankle Fibula Comminuted
 Ankle Fibula Comminuted Fixation External
 Ankle Fibula Comminuted Plate
 Ankle Fibula Comminuted Plate
 Ankle Fibula Displaced
 Ankle Fibula Displaced Fixation
 Ankle Tibia Oblique
 Ankle Tibia Oblique Fixation



Ankle & Foot

FRACTURES - CONT.

Ankle Tibia Complete

Ankle Tibia Complete Fixation

Ankle Tibia Posteromedial

Ankle Tibia Posteromedial Fixation

Hallux - Distal Phalanx Non-displaced

Hallux - Proximal Phalanx Displaced

Hallux - Internal Plate Fixation

Hallux - Proximal Phalanx Intra-articular

Hallux - Screw Fixation

Hallux - Proximal Phalanx Incomplete

Fifth Toe - Proximal Phalanx Displaced

Fourth Toe - Proximal Phalanx Non-displaced

Fourth Toe - Proximal Phalanx Spiral

Fifth Toe - Distal Phalanx Comminuted

Metatarsal - Basal Non-displaced

Metatarsal - Internal Plate Fixation

Metatarsal - Mid Shaft Displaced

Metatarsal - Mid Shaft Internal Plate Fixation

Fifth Metatarsal - Basal Non-displaced

Fifth Metatarsal - Screw Fixation

Fifth Metatarsal - Oblique Displaced

Fifth Metatarsal - Oblique Screw Fixation

Fifth Metatarsal - Avulsion

Navicular - Incomplete

Navicular - Comminuted

Navicular - Internal Plate Fixation

Navicular - Cortical Avulsion

Navicular - Non-displaced

Navicular - Screw Fixation

Cuboid - Non-displaced

Cuboid - Comminuted

Cuboid - Internal Plate Fixation

Calcaneus - Non-displaced

Calcaneus - Avulsion (Beak)

Calcaneus - Screw Fixation

Calcaneus - Sustentacular Displaced

Calcaneus - Internal Plate Fixation

Talus - Neck, Non-displaced

Talus - Lateral Process, Non-displaced

Talus - Lateral, Screw Fixation

Talus - Posterior Process. Displaced

Talus - Posterior Screw Fixation



Elbow

CONDITIONS

Avascular Necrosis
 Cubital Tunnel Syndrome
 Distal Biceps Tear
 Distal Biceps Tendinopathy
 Golfer's Elbow (Medial Epicondylitis)
 Gout
 Lateral Ulnar Collateral Ligament Degeneration
 Loose Body
 Medial Ulnar Collateral Ligament Tear
 Olecranon Bursitis
 Osteoarthritis
 Osteochondritis Dissecans
 Rheumatoid Arthritis
 Tennis Elbow (Lateral Epicondylitis)
 Triceps Tendinopathy

TREATMENTS

Cartilage Repair & Loose Body Removal
 Cubital Tunnel Release
 Distal Biceps Repair
 Elbow Arthroplasty (With Cement)
 Elbow Spur Removal
 Golfers Elbow Release (Open)
 Olecranon Bursa Aspiration
 Olecranon Bursectomy
 Radial Collateral Ligament Repair
 Ulnar Collateral Ligament Repair

FRACTURES

Elbow Humerus Extra-articular Avulsion
 Elbow Humerus Extra-articular Simple
 Elbow Humerus Partial Articular Sagittal
 Elbow Humerus Complete Articular Simple

FRACTURES - CONT.

Elbow Humerus Complete Articular Comminuted
 Humerus External Fixation
 Humerus Screw Fixation
 Elbow Humerus Complete Articular Simple Treatment
 Elbow Ulna Extra-articular Avulsion
 Elbow Ulna Extra-articular Simple
 Elbow Ulna Articular Simple
 Elbow Ulna Articular Comminuted
 Ulna Triceps Reinsertion
 Ulna Screw And Plate Fixation
 Ulna Bridge Plate Fixation
 Elbow Radial Bicipital Tuberosity Avulsion
 Elbow Radius Articular Simple Radial Head



Elbow

FRACTURES - CONT.

Elbow Radius Articular Comminuted
 Radial Biceps Reinsertion

Radius T-Plate Fixation
 Radius Screw Fixation

Ulna External Fixation
 Elbow Radius Biceps Tendon Rupture

Hand & Wrist

CONDITIONS

Avascular Necrosis (Kienbock's Disease)
 Base of Thumb Osteoarthritis
 Carpal Tunnel Syndrome
 De Quervain's Tenosynovitis
 DIP Joint Osteoarthritis
 Ganglion Cyst
 Gout of MCP Joints
 Kienbock's Disease (Negative Ulnar Variance)
 MCP Joint Osteoarthritis
 PIP Joint Osteoarthritis
 Radiocarpal Osteoarthritis

CONDITIONS - CONT.

Rheumatoid Arthritis of MCP Joints
 Scapholunate Ligament Tear
 STT Joint Osteoarthritis
 Trigger Finger
 UCL of Thumb Tear
 Ulnar Impaction Syndrome

TREATMENTS

CTS Release (Endoscopic)
 CTS Release (Open)
 DIP Joint Fusion

TREATMENTS - CONT.

DRUJ Arthroplasty
 Ganglion Cyst Aspiration
 LCP Wrist Fusion
 MCP Joint Surface Arthroplasty
 MCP Joint Surface Arthroplasty (Silicone)
 PIP Joint Fusion (Tension Band Wiring)
 PIP Joint Surface Arthroplasty
 Radial Shortening Osteotomy
 Radioscapholunate Fusion
 Scapholunate Ligament Tear Repair
 Total Wrist Arthrodesis



Hand & Wrist

TREATMENTS - CONT.

Trapeziectomy (Weilby Procedure)
 Trigger Finger Release
 UCL of Thumb Repair
 Ulnar Shortening Osteotomy

FRACTURES

Scaphoid Displaced
 Scaphoid Displaced Screw Fixation
 Triquetrum Impacted
 Trapezium Body
 Hamate Hook
 Fifth Metacarpal Head
 Hand & Wrist Fifth Metacarpal K-wire Fixation
 Third Metacarpal Comminuted
 Third Metacarpal Comminuted Bridge Plate Fixation
 Hand & Wrist Fifth Metacarpal Base Intra-articular

FRACTURES - CONT.

Fifth Metacarpal Base Intra-articular Plate Fixation
 Distal Metaphyseal Multifragmentary
 Proximal Phalanx Plate Fixation
 Proximal Phalanx Shaft
 Distal Unicondylar
 Distal Unicondylar Lag Screw Fixation
 Proximal Multifragmentary
 Hemi Hamate Arthroplasty
 Tuft Comminuted
 Hand & Wrist Fifth Metacarpal Base Intra-articular
 Distal Phalanx Dorsal Avulsion
 Distal Phalanx Transverse
 Proximal Phalanx Avulsion
 Metacarpal Intra-articular
 Metacarpal Screw and K-Wire

FRACTURES - CONT.

Wrist Ulnar Styloid Process Avulsion
 Wrist Ulnar Styloid Process Tension Band Wiring
 Wrist Ulnar Metaphysis
 Wrist Ulnar Metaphysis Lag Screw Protection Plate
 Wrist Radius Dorsal Tilt (Pouteau - Colles Fracture)
 Wrist Radius Dorsal Tilt Joint Bridging External Fixation
 Wrist Radius Volar Tilt (Goyrand-Smith's)
 Wrist Radius Volar Tilt K-Wires Cast
 Wrist Radius Lateral Partial Articular Multifragmentary
 Wrist Radius Partial Articular Lateral Multifragmentary Radial Column Plate
 Wrist Radius Medial Partial Articular



Hand & Wrist

FRACTURES - CONT.

Wrist Radius Dorsal Tilt Joint Bridging External Fixation

Wrist Radius Dorsal Rim Simple

Wrist Dorsal Rim Simple Dorsal Plate

Wrist Radius Volar Rim Single Small

Wrist Radius Volar Rim Single Small Palmar Plating

Wrist Radius Articular Dorsoulnar

Wrist Radius Articular Dorsoulnar Dorsal Double Plating

Wrist Radius Articular Multifragmentary

Wrist Radius Articular Multifragmentary Bridge Plating

Hip

CONDITIONS

Acetabular Labrum Tear

Avascular Necrosis

Cartilage Degeneration/Injury

Extra-articular Displaced Subcapital Neck Fracture

Extra-articular Transcervical Neck Fracture

Femoroacetabular Impingement (Cam)

Femoroacetabular Impingement (Pincer)

CONDITIONS - CONT.

Gout

Osteoarthritis

Pertrochanteric Multifragmentary Fracture

Rheumatoid Arthritis

TREATMENTS

Acetabular Cartilage Debridement

Acetabular Labrum Repair

Cancellous Screws Fixation

TREATMENTS - CONT.

Femoroacetabular Impingement Repair

Hip Arthroplasty (No Cement)

Hip Arthroplasty (With Cement)

Short Intramedullary Nail Fixation

Sliding Hip Screws Fixation

FRACTURES

Hip Pertrochanteric Multifragmentary

Hip Short Intramedullary Nail Fixation



Hip

FRACTURES - CONT.

Hip Intertrochanteric

Hip Long Intramedullary Nail Fixation

Hip Dynamic Condylar Screw Fixation

Hip Extra-articular Neck Transcervical

Hip Cancellous Screws Fixation

Hip Extra-articular Neck Subcapital Displaced

Hip Sliding Hip Screws Fixation

Hip Articular Head Split

Hip Small Fragment Screws Fixation

Acetabulum - Posterior Wall

Acetabulum - Anterior Column

Acetabulum - Ilioinguinal Anterior Column

Acetabulum - Posterior Column Wall

Kocher-Langenbeck - Posterior Column Wall

Acetabulum - Transverse, Posterior Wall

Anterior Column Posterior Hemitransverse

Both Column

Extended Iliofemoral - Both Column

Knee

CONDITIONS

ACL Tear

Avascular Necrosis

Baker's Cyst

Baker's Cyst (Beneath Semimembranosus)

Cartilage Degeneration

Gout

Lateral Collateral Ligament with
Posterolateral Corner Tear

Loose Body

Medial Collateral Ligament Tear

Medial Unicompartmental Osteoarthritis

Meniscal Cyst

Meniscus Bucket Handle Tear

Meniscus Horizontal Tear

Meniscus Peripheral Tear

Meniscus Radial Tear

Osteoarthritis (Grades I-IV)

Osteochondritis Dissecans

Patellar Tendonitis

Patellofemoral Instability (Atraumatic)

Patellofemoral Instability (Traumatic)

Patellofemoral Osteoarthritis

Patellofemoral Pain Syndrome



Knee

CONDITIONS - CONT.

Prepatellar Bursitis

Rheumatoid Arthritis

Spontaneous Osteonecrosis

Tricompartmental Osteoarthritis

TREATMENTS

ACL Reconstruction (Hamstring Graft)

FREE: ACL Reconstruction (Patellar Graft)

Arthroplasty (No Cement)

Arthroplasty (With Cement)

Autograft

Autologous Chondrocyte Implantation

Cartilage Abrasion (Microfracture)

High Tibial Osteotomy

Loose Body Removal

Matrix Induced Autologous Chondrocyte
Implantation

TREATMENTS - CONT.

Meniscus Bucket Handle Tear Repair

Meniscus Horizontal Tear Repair

Meniscus Peripheral Tear Repair

Meniscus Radial Tear Repair

Partial Knee Arthroplasty

Patellofemoral Arthroplasty



Shoulder

CONDITIONS

AC Joint Dislocation (Grade 1 - Subluxation)
 AC Joint Dislocation (Grade 2)
 AC Joint Dislocation (Grade 3)
 AC Joint Osteoarthritis
 Avascular Necrosis
 Biceps Tendon Tear (Infracapsular)
 Biceps Tendon Tear (Intracapsular)
 Clavicle Fracture and AC Joint Dislocation
 Glenoid Labrum Tear
 Gout
 Hill Sachs Lesion
 Loose Body
 Osteoarthritis
 Rheumatoid Arthritis
 Rotator Cuff Tear
 SLAP Tear (Type 1)

CONDITIONS - CONT.

SLAP Tear (Type 2a)
 SLAP Tear (Type 2b)
 SLAP Tear (Type 2c)
 SLAP Tear (Type 3)
 SLAP Tear (Type 4)
 Subacromial Bursitis
 Subacromial Decompression

TREATMENTS

AC Joint Reconstruction
 AC Joint Reconstruction (Hook Plate)
 Allograft
 Bankart Repair
 Biceps Tenodesis (Infracapsular Screw Fixation)
 Biceps Tenodesis (Subpectoral Fixation)
 Biceps Tenotomy
 Capsular Shift

TREATMENTS - CONT.

Distal Clavicle Excision
 Loose Body Removal
 Rotator Cuff Tear Repair
 Shoulder Arthroplasty (No Cement)
 Shoulder Arthroplasty (With Cement)
 Subacromial Decompression

FRACTURES

Shoulder Greater Tuberosity Displaced
 Shoulder Greater Tuberosity Displaced Fixing
 Shoulder Greater Tuberosity Dislocation
 Surgical Neck
 Shoulder Surgical Neck Translation
 Greater Tuberosity Surgical Neck Impaction
 Greater Tuberosity Surgical Neck Displaced



Shoulder

FRACTURES - CONT.

Vertical with Dislocation

Fracture Dislocation Greater Tuberosity

Cephalotubercular Valgus

Spine

CONDITIONS

Cervical Degenerative Disc Disease

Cervical Facet Joint Syndrome

Cervical Foraminal Stenosis

Cervical Herniated Disc

Cervical Ligament Sprain

Cervical Muscle Spasm

Cervical Myelopathy

Cervical Radiculopathy

Cervical Spondylosis

Cervical Stenosis

Cervical Trauma

Cervical Whiplash

CONDITIONS - CONT.

Cauda Equina Syndrome

Lumbar Spondylosis

Lumbar Bone Tumor

Lumbar Degenerative Disc Disease

Lumbar Discitis

Lumbar Herniated Disc

Lumbar Ligament Sprain

Lumbar Lordosis

Lumbar Lytic Spondylolisthesis

Lumbar Muscle Spasm

Lumbar Muscle Strain

Lumbar Neural Tumor

CONDITIONS - CONT.

Lumbar Osteoporotic Compression Fracture

Lumbar Radiculopathy

Lumbar Scoliosis

Lumbar Spinal Stenosis

Sacroiliac Dysfunction

Kyphosis

Thoracic Bone Tumor

Thoracic Discitis

Thoracic Foraminal Stenosis

Thoracic Ligament Sprain

Thoracic Muscle Spasm

Thoracic Muscle Strain



Shoulder

CONDITIONS - CONT.

Thoracic Myelopathy

Thoracic Neural Tumor

Thoracic Osteoporosis

Thoracic Osteoporotic Compression Fracture

Thoracic Scoliosis

Thoracic Spondylosis

Thoracic Trauma

TREATMENTS

Anterior Cervical Discectomy and Fusion
(Cage & Plate)

Anterior Cervical Foraminotomy

Cervical Foraminotomy (Endoscopic)

Epidural Injection

Extreme Lateral Interbody Fusion (XLIF)

Lumbar Discectomy with Laminotomy (Open)

Lumbar Kyphoplasty

TREATMENTS

Lumbar Laminectomy with Posterolateral Fusion (With Slip Reduction)

Lumbar Microdiscectomy

Lumbar Vertebroplasty

Posterior Cervical Laminotomy and Foraminotomy

Posterior Lumbar Interbody Fusion (PLIF)

Thoracic Kyphoplasty

Thoracic Vertebroplasty

TLIF with Posterolateral Fusion (Minimally Invasive Surgery)

Transforaminal Lumbar Interbody Fusion



Eye Functional

Pupillary Light Reflex

Accommodation

Color Retina

Refractive Errors

DISORDERS

Axial Myopia

Curvature Myopia

Index Myopia

Axial Hyperopia

Curvature Hyperopia

DISORDERS - CONT.

Index Hyperopia

Presbyopia

TREATMENTS

Corrective Lenses Axial Myopia

Corrective Lenses Curvature Myopia

TREATMENTS - CONT.

Corrective Lenses Index Myopia

Corrective Lenses Axial Hyperopia

Corrective Lenses Curvature Hyperopia

Corrective Lenses Index Hyperopia

Corrective Lenses Presbyopia

Laser

Lasik Myopia

Lasik Hyperopia

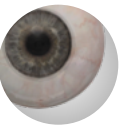
Intra Lasik Myopia

Intra Lasik Hyperopia

Wavefront Myopia

PRK Myopia

LASEK Myopia



Cataract

DISORDERS

- Cortical Cataract
- Nuclear Cataract
- Subcapsular Cataract

TREATMENTS

- Phacoemulsification
- Extracapsular Extraction
- Laser Cataract

Retinopathy

DISORDERS

- Retinopathy
- Retinopathy Close-Up

TREATMENTS

- Panretinal Photocoagulation

Glaucoma

DISORDERS

- Glaucoma Closed Angle
- Glaucoma Open Angle

TREATMENTS

- Laser Cyclophotocoagulation
- Laser Peripheral Iridotomy
- Laser Trabeculoplasty
- Trebeculectomy



Conjunctivitis

DISORDERS

Conjunctivitis

Conjunctivitis

DISORDERS

Deuteranomaly - Deuteranopia

Monochromacy

Protanomaly - Protanopia

Tritanomaly - Tritanopia



Bench Exercises

Groin Stretch - Seated Bench

Hamstring Stretch - Seated

Hamstring Stretch - Seated Bench Single Leg

Hip Stretch - Seated

Lats. Stretch (Chair)

Shin Stretch - Seated

Flexibility Exercises

Calf Stretch - Bent Knee Pushing against Wall

Calf Stretch - Kneeling

Calf Stretch - Lunge

Calf Stretch - Pike

Calf Stretch - Pushing Against Wall

Calf Stretch - Seated

Calf Stretch - Standing Against Wall

Calf Stretch - Standing Against Wall with Bent Knee

Calisthenic Exercises

Calf Stretch - Lunging with Bent Knee

Calf Stretch - Pike with Bent Knee

Chest Stretch - Bent Arm

Chest Stretch - Straight Arm

Chest Stretch - Yawn

Groin Stretch - Kneeling

Groin Stretch - Kneeling 90 Degrees

Groin Stretch - Kneeling Side Lunge

Groin Stretch - Lying

Groin Stretch - Lying Wall

Groin Stretch - Seated

Groin Stretch - Squatting

Groin Stretch - Standing Side Lunge

Hamstring Stretch - Lying

Hamstring Stretch - Lying with Towel

Hamstring Stretch - Seated Single Leg

Hamstring Stretch - Standing



Flexibility Exercises

Hamstring Stretch - Standing Cross Legged

Hamstring Stretch - Standing Single Leg

Hands Back Chest Stretch

Hip Stretch - Lying

Hip Stretch - Lying Iliotibial

Hip Stretch - Lying Rollover

Hip Stretch - Lying Twist

Hip Stretch - Lying Wall

Hip Stretch - Modified Lying

Hip Stretch - Prone

Hip Stretch - Seated Rotator

Hip Stretch - Seated Twist

Hip Stretch - Side Twist

Hip Stretch - Squatting

Hip Stretch - Standing

Hip Stretch - Wall

Lats. Stretch (Seated)

Lats. Stretch (Standing)

Lats. Stretch (Wall)

Lunge Stretch Upright

Lunge Stretch With Forward Lean

Lunge Stretch With Rotation

Shin Stretch - Kneeling

Shin Stretch - Lying

Single Arm Forearm Stretch

Standing Glute Stretch

Standing Straddle Stretch

Standing Straddle Stretch With Reach

Stretch - Deltoid, Lateral (Standing)

Stretch - Infraspinatus (Bend-over)

Stretch - Infraspinatus (Lying)

Stretch - Splenius (Extension)

Stretch - Sternocleidomastoid (Retraction)

Stretch - Sternocleidomastoid (Rotation)

Stretch - Teres Minor (Stick)

Stretch - Wrist Extensor (Kneeling)

Stretch - Wrist Extensor (Single Arm)

Stretch - Wrist Flexors (Kneeling)

Stretch - Wrist Flexors (Seated)

Stretch - Wrist Flexors (Single Arm)

Stretch - Wrist Flexors (Standing)

Subscapularis Stretch (Doorway)

Thigh Stretch - Lying Prone

Thigh Stretch - Lying Side

Thigh Stretch - Standing



Flexibility Exercises

Trap. Stretch (Standing)

Upper Arm Stretch (Doorway)

Upper Arm Stretch (Seated)

Upper Arm Stretch (Standing)

Upper Arm Stretch (Wall)

Waist Stretch - Kneeling

Waist Stretch - Lying

Waist Stretch - Lying Bent Leg

Waist Stretch - Lying Rollover

Waist Stretch - Prone

Waist Stretch - Seated Rollover

Waist Stretch - Seated Twist

Waist Stretch - Standing

Hamstring Stretch - Lever

Hip Stretch - Lever

Thigh Stretch - Lever

Assisted Calf Stretch

Assisted Hamstring

Calf Stretch - Seated with Bent Knee and Towel

Calf Stretch - Seated with Towel

Thigh Stretch - Standing with Towel



Barbell Exercises

Alternating Lunge (Barbell)

Barbell Bench Press, Flat, Overhand Wide Grip

Barbell Bench Press, Incline, Overhand Narrow Grip

Barbell Bench Press, Incline, Underhand Grip

Barbell Clean

Barbell Clean And Jerk

Barbell Clean, Hang

Barbell Clean, Power

Barbell Jerk, Balance

Barbell Jerk, Split

Barbell Row, Bent Over, Neutral Grip, Single Arm

Barbell Row, Bent Over, Overhand Grip, Straight Stance

Barbell Row, Bent Over, Underhand Grip

Barbell Row, Single Arm

Barbell Snatch, Hang

Barbell Snatch, Muscle

Barbell Snatch, Power

Barbell Squat And Calf Raise

Barbell Squat Sumo

Barbell Squat, Jump

Barbell Squat, Kneeling

Barbell Squat, Overhead

Barbell Squat, Split

Barbell Squat, Split, Side

Barbell Thruster

Bench Press - Close Grip (Barbell)

Bench Press - Close Grip (Lever)

Bench Press (Barbell)

Bent Arm Pullover (Barbell)

Bent-Over Row (Barbell)

Biceps Curl (Barbell)

Biceps Drag Curl (Barbell)

Calves - Reverse Calf Raise (Barbell)

Calves - Seated Calf Raise (Barbell)

Calves - Standing Calf Raise (Barbell)

Deadlift (Barbell)

Front Raise (Barbell)

Front Squat (Barbell)

Full Squat (Barbell)

Glute-Ham Raise (Barbell)

Good Morning - Bent Knee (Barbell)

Good Morning (Barbell)



Barbell Exercises

Guillotine Bench Press (Barbell)
 Hack Squat (Barbell)
 Hamstring Raise (Barbell)
 Hyperextension (Barbell)
 Incline Bench Press (Barbell)
 Lateral Step-up (Barbell)
 Lunge (Barbell)
 Lying Rear Delt Row (Barbell)
 Military Press - Seated (Barbell)
 Military Press (Barbell)
 Powerlift Bench Press (Barbell)
 Preacher Curl (Barbell)

Prone Incline Curl (Barbell)
 Pullover (Barbell)
 Rear Delt Row (Barbell)
 Rear Lunge (Barbell)
 Reverse Curl (Barbell)
 Reverse Preacher Curl (Barbell)
 Reverse Wrist Curl (Barbell)
 Romanian Deadlift (Barbell)
 Shoulder Press (Barbell)
 Shrug (Barbell)
 Shrug Seated (Barbell)

Side Lunge (Barbell)
 Squat (Barbell)
 Step-Ups (Barbell)
 Straight Leg Deadlift (Barbell)
 Sumo Deadlift (Barbell)
 Triceps Extension - Incline (Barbell)
 Triceps Extension - Lying (Barbell)
 Triceps Extension - Seated (Barbell)
 Upright Row (Barbell)
 Wrist Curl (Barbell)

Bench Exercises

Bench Dip (Level 1)
 Bench Dip (Level 2)
 Bench Dip (Level 3)

Bench Dip (Level 4)
 Decline Bench Press (Barbell)
 Decline Bench Press (Dumbbell)
 Decline Fly (Cable)

Decline Fly (Dumbbell)
 Decline Push Up
 Fly (Dumbbell)



Barbell Exercises

Incline Bench Press - Close Grip (Barbell)

Incline Bench Press - Close Grip (Lever)

Incline Crunch

Incline Leg-Hip Raise

Incline Shoulder Raise (Barbell)

Incline Sit-Up

Incline Twisting Crunch

Incline Twisting Sit-Up

Push Crunch (Barbell)

Push Crunch (Dumbbell)

Single Leg Split Squat

Triceps Extension - Decline (Barbell)

Triceps Extension - Decline (Dumbbell)

Triceps Extension - Incline (Dumbbell)

Bodyweight Exercises

Bodyweight Bridge

Bodyweight Burpee (On Feet)

Bodyweight Butt Ups

Bodyweight Crunch, Bicycle

Bodyweight Crunch, Cross Body

Bodyweight Crunch, Decline Bench

Bodyweight Crunch, Oblique

Bodyweight Crunch, Reverse

Bodyweight Crunch, Reverse, Incline Bench

Bodyweight Crunch, Straight Hands

Bodyweight Deadlift, Single Leg

Bodyweight Flutter Kicks

Bodyweight Glute Kickback

Bodyweight Heel Touch

Bodyweight Hip Raise

Bodyweight Iron Chair

Bodyweight Leg Raise, Lying

Bodyweight Leg Raise, Straight, Variation

Bodyweight Leg Raise, V Formation

Bodyweight Mountain Climbers

Bodyweight Plank

Bodyweight Plank Jacks

Bodyweight Plank, Side

Bodyweight Pull In, Lying

Bodyweight Pull In, Seated

Bodyweight Scissor Kick

Bodyweight Side Bridge



Bodyweight Exercises

Bodyweight Side Bridge, Bench

Bodyweight Side Bridge, Leg Raise

Bodyweight Situp, Decline Bench

Bodyweight Squat

Bodyweight Squat And Calf Raises

Bodyweight Squat, Jump

Bodyweight Squat, Kneeling

Bodyweight Squat, Single Leg, Bent

Bodyweight Squat, Single Leg, Straight

Bodyweight Squat, Split

Bodyweight Squat, Split, Side

Bodyweight Superman

Bodyweight Superman, Alternating

Bodyweight T-pushup

Bodyweight Toe Touch

Bodyweight Twist

Bodyweight Twist, Russian

Bodyweight Walk, Wide Stance

Weighted Crunch

Weighted Leg-Hip Raise

Weighted Sit-Up

Cable Exercises

Alternating Close Grip Pulldown (Cable)

Alternating Pulldown (Cable)

Bench Press (Cable)

Bent Over Pulldown (Cable)

Bent-Over Leg Curl (Cable)

Biceps Alternating Curl (Cable)

Biceps Curl (Cable)

Cable Fly, Incline Bench

Close Grip Pulldown (Cable)

Concentration Curl (Cable)

Decline Press (Cable)

External Rotation - Standing (Cable)

External Rotation - Upward (Cable)

External Rotation (Cable)

Front Lateral Raise (Cable)

Front Raise (Cable)

Hip Abduction (Cable)

Hip Adduction (Cable)

Hip Extension (Cable)

Incline Bench Press (Cable)

Incline Press (Cable)

Internal Rotation (Cable)

Kneeling Crunch (Cable)

Lateral Raise (Cable)



Cable Exercises

Leg Extension (Cable)

Leg-Hip Raise (Cable)

Lunge (Cable)

Lying Fly (Cable)

Lying Hip Adduction (Cable)

Lying Leg Curl (Cable)

Neck - Extension (Cable)

Neck - Flexion (Cable)

Parallel Grip Pull-Up (Cable)

Preacher Curl (Cable)

Press (Cable)

Pro-Lat-Bar Pulldown (Cable)

Prone Incline Curl (Cable)

Pulldown (Cable)

Pullover (Cable)

Rear Delt Pull (Cable)

Rear Delt Row (Cable)

Rear Lateral Raise (Cable)

Rear Lunge (Cable)

Reverse Curl (Cable)

Reverse Preacher Curl (Cable)

Reverse Wrist Curl (Cable)

Roll Up (Cable)

Romanian Deadlift (Cable)

Seated Crunch (Cable)

Seated Fly (Cable)

Seated Pullover (Cable)

Seated Rear Lateral Raise (Cable)

Seated Row - Straight Back (Cable)

Seated Row (Cable)

Shoulder Press (Cable)

Shoulder Raise (Cable)

Shrug (Cable)

Side Bend (Cable)

Side Bend (Lever)

Single - Lateral Raise (Cable)

Single Arm Incline Press (Cable)

Split Squat - Single Leg (Cable)

Squat (Cable)

Standing Cross Row (Cable)

Standing Crunch (Cable)

Standing Fly (Cable)

Standing Incline Press (Cable)

Standing Leg Curl (Cable)

Standing Press (Cable Bar)

Standing Press (Cable)

Step Up (Cable)

Step-Ups (Cable)

Straight Leg-Hip Raise (Cable)

Triceps Dip (Cable)

Triceps Extension - Overhead (Cable)



Cable Exercises

Triceps Extension - Side (Cable)

Triceps Pushdown - Alternating Seated (Cable)

Triceps Pushdown - Heavy (Cable)

Triceps Pushdown - Incline (Cable)

Triceps Pushdown - Rope (Cable)

Triceps Pushdown - Single Arm (Cable)

Triceps Pushdown - V-Bar (Cable)

Triceps Pushdown (Cable)

Twist (Cable)

Twist Down (Cable)

Twist Up (Cable)

Twisting Overhead Press (Cable)

Twisting Press (Cable)

Underhand Pull-Up (Cable)

Underhand Pulldown (Cable)

Upright Row (Cable)

Wrist Curl (Cable)

Calisthenic Exercises

180 Degree Jump

360 Degree Jump

360 Degree Jump

90 Degree Arm Swings

90 Degree Crunch

90 Degree Wipers

Alternate Reach Sit-Up

Alternate Reach Toe Touch

Alternating Lunge

Alternating V-Up

Ankle Jump

Arm Abduction/Adduction Lunge

Arm Abduction/Adduction Split Squats

Arm Abduction/Adduction Squats

Arm Circle Lateral Lunge

Arm Circle Lunges

Arm Circle Split Squats

Arm Circle Squats

Arm Circles Overhead Inside

Arm Circles Overhead Outside

Bearcrawl

Bicycles

Broad Jump

Burpee



Calisthenic Exercises

Burpee to Pike Jump

Burpee to Tuck Jump

Burpee With Push-Up

Burpee With Push-Up To Tuck Jump

Butterfly Crunch

Calf Raise

Calves - Single Leg Calf Raise

Calves - Standing Calf Raise

Crabcrawl

Cross-Over Sit-Up

Cross-Over Sit-Up Alternating

Crunch

Crunch

Crunch Up

Donkey Kicks

Flutter Kicks

Forward Lunge

Forward to Reverse Lunge

Hand Step-Outs

Handstand

Hip Extension

Isometric Object Squeeze

Jack-Knife Sit-Up

Jumping Jack

Jumping Jack Alternate Hands

Jumping Jack Skiers

Knee-In Alternating Leg

Knee-In Elbows

Knee-In Reverse Crunch

Knee-In Single Leg

Knee-In Twist

Knee-Ins

L-Sit

Lateral Bounds

Lateral Leap

Lateral Lunge

Lateral Plank Elbows

Lateral Plank Handstand

Lateral Plank With Leg Abduction

Laying Hip Abduction

Leg Circles

Leg Lift

Lunge Position Arm Swings

Lunge to Rotation

Mountain Climbers

Narrow Push-Up

Narrow Squat V1



Calisthenic Exercises

Narrow Squat V2

Narrow to Wide Bounds

Oblique Lunge

Pistol Squat

Plank Alternate Arm Reach/Leg Extension

Plank Alternate Arm Reach/Leg Extension

Plank Alternating Cross-Over Knee-In

Plank Alternating Cross-Over Knee-In

Plank Alternating Knee-In

Plank Alternating Knee-In

Plank Cross-Over Knee-In

Plank Elbow Leg Abduction/Adduction

Plank Elbows

Plank Elbows to Alternating Cross-Over Knee-In

Plank Elbows to Alternating Knee-In

Plank Elbows to Cross-Over Knee-In

Plank Elbows to Knee-In

Plank Elbows With Leg Lift

Plank Handstand

Plank Knee-In

Plank to Knee-In

Plank to Pike

Plank With Leg Lift

Plie Squat V2

Plie Squat V3

Plyometric Push-Up

Plyometric Push-Up Upper/Lower

Progression Crunch to Sit-Up

Prone 90 Degree Hip Abduction

Prone Extension Lower

Prone Extension Upper

Prone Extension Upper/Lower

Push Up

Push Up - Close Grip (Level 2)

Push Up - Close Grip (Level 3)

Push-Up

Push-Up 90 Degree Hold

Push-Up Knees

Push-Up to Knee-In

Push-Up to Pike

Push-Up to T-Stand

R Step-Up

Reverse Crunch

Reverse Lunge

Reverse Lunge to High Knee

SA Burpee

SA Mountain Climbers

SA Squat Thrust



Calisthenic Exercises

Scissors

Shadow Boxing Hook

Shadow Boxing Jab

Shadow Boxing Uppercut

Shoulder 90 Dynamic

Shoulder 90 Static

Shoulder Arm Circles

Shoulder Handstand Push-Up

Shoulder Raise Front

Shoulder Raise Lateral

Shoulder T Dynamic

Shoulder T Handstand

Shoulder T Handstand Alternate

Shoulder T Static

Single Arm Push-Ups

Single Leg Deadlift

Single Leg Push-Up

Sit-Up

SL Balance

SL Broad Jump

SL Burpee

SL Calf Raise

SL Lateral Leap

SL Leg Lift

SL Squat

SL Squat Thrust

SL Vertical Jump

Split Squat Alternating Leap

Split Squat Leap

Squat Thrust

Squat Thrust with Push-Up

Squat to Kick

Squat V1

Squat V2

Staggered Push-Up

Standing 90 Degree Hip Abduction

Straight Leg Crunch Horizontal

Straight Leg Crunch Vertical

Straight Leg Deadlift

Straight Leg Wipers

Supine Hip Raise

Supine Hip Raise Hold to Leg Extension

Supine Hip Raise to Hold

Supine Hip Raise to Leg Extension

Supine Incline Hip Raise to High Knee

Supine Single Leg Hip Raise

Table Maker



Calisthenic Exercises

Torso Twist

Vertical Jump

Walking Lunge

Walking Reverse Lunge

Weighted Twisting Crunch

Weighted Twisting Sit-Up

Wide Push-Up

Wide Squat V1

Wide Squat V2

Dumbbell Exercises

Arnold Press

Bench Press (Dumbbell)

Bent-Over Row (Dumbbell)

Biceps Curl - Incline (Dumbbell)

Biceps Curl (Dumbbell)

Calves - Reverse Calf Raise (Dumbbell)

Calves - Standing Calf Raise (Dumbbell)

Concentration Curl (Dumbbell)

Dumbbell Arm Circles

Dumbbell Bench Press, Decline, Neutral Grip

Dumbbell Bench Press, Decline, Overhand Grip

Dumbbell Bench Press, Decline, Underhand Grip

Dumbbell Bench Press, Incline, Neutral Grip

Dumbbell Bench Press, Incline, Overhand Grip

Dumbbell Bench Press, Incline, Underhand Grip

Dumbbell Biceps Curl, Neutral Grip, Bent Over

Dumbbell Biceps Curl, Neutral Grip, Cross Body

Dumbbell Biceps Curl, Neutral Grip, Flat Bench

Dumbbell Biceps Curl, Overhand Grip

Dumbbell Biceps Curl, Overhand Grip, Bent Over

Dumbbell Biceps Curl, Overhand Grip, Flat Bench

Dumbbell Biceps Curl, Overhand Grip, Incline Bench

Dumbbell Biceps Curl, Preacher, Neutral Grip, Sitting

Dumbbell Biceps Curl, Preacher, Overhand Grip

Dumbbell Biceps Curl, Underhand Grip, Bent Over

Dumbbell Biceps Curl, Underhand Grip, Drag

Dumbbell Biceps Curl, Underhand Grip, Elbows Up

Dumbbell Clean

Dumbbell Clean And Jerk



Dumbbell Exercises

Dumbbell Clean And Jerk, Single Arm

Dumbbell Clean, Hang

Dumbbell Clean, Power

Dumbbell Crossover, Underhand

Dumbbell Fly, Incline Bench

Dumbbell Fly, Incline Bench, Prone

Dumbbell Fly, Rear Delt

Dumbbell Fly, Seated

Dumbbell Iron Cross

Dumbbell Jerk

Dumbbell Lunge, Forward, Overhead

Dumbbell Lunge, Walking

Dumbbell Pullover, Decline Bench

Dumbbell Pullover, Incline Bench

Dumbbell Scarecrow

Dumbbell Shrug, Hang Jump

Dumbbell Shrug, Incline Bench

Dumbbell Shrug, Jump

Dumbbell Shrug, Overhead

Dumbbell Shrug, Overhead, Flat Bench

Dumbbell Shrug, Overhead, Incline Bench

Dumbbell Shrug, Overhead, Seated

Dumbbell Shrug, Seated

Dumbbell Woodchopper

Dumbbell Woodchopper, Reverse

External Rotation - Lying (Dumbbell)

External Rotation - Seated (Dumbbell)

External Rotation - Upward (Dumbbell)

Front Lateral Raise (Dumbbell)

Front Raise - Alternating (Dumbbell)

Front Raise - Incline (Dumbbell)

Front Raise (Dumbbell)

Hammer Curl (Dumbbell)

Hip Abduction (Dumbbell)

Incline Bench Press (Dumbbell)

Incline Shoulder Raise (Dumbbell)

Internal Rotation (Dumbbell)

Lateral Raise (Dumbbell)

Lunge (Dumbbell)

Lying Lateral Raise (Dumbbell)

Lying Pronation (Dumbbell)

Lying Rear Delt Raise (Dumbbell)

Lying Rear Delt Row (Dumbbell)

Lying Rear Lateral Raise (Dumbbell)

Preacher Curl (Dumbbell)

Prone Incline Curl (Dumbbell)



Dumbbell Exercises

Pullover (Dumbbell)

Radial Flexion (Dumbbell)

Raise (Dumbbell)

Rear Delt Row (Dumbbell)

Rear Lateral Raise (Dumbbell)

Rear Lunge (Dumbbell)

Reverse Wrist Curl (Dumbbell)

Seated Rear Lateral Raise (Dumbbell)

Shoulder Press - Single (Dumbbell)

Shoulder Press (Dumbbell)

Shrug (Dumbbell)

Side Bend (Dumbbell)

Side Lunge (Dumbbell)

Single Lateral Raise (Dumbbell)

Split Squat - Single Leg (Dumbbell)

Squat (Dumbbell)

Step Down (Dumbbell)

Step Up (Dumbbell)

Step-Ups (Dumbbell)

Straight Leg Deadlift (Dumbbell)

Triceps Extension - Lying (Dumbbell)

Triceps Extension - Seated (Dumbbell)

Triceps Extension - Seated Single Arm (Dumbbell)

Triceps Kickback (Dumbbell)

Ulnar Flexion (Dumbbell)

Upright Row (Dumbbell)

Wrist Curl (Dumbbell)

Zottman Curl

Elevated Surface Exercises

Cross-Over Step-Up

Dip Bent Knee

Dip Elevated

Dip Hold

Dip Single Leg

Dip Straight Leg

Elevated Bent Knee Holds

Elevated Bent Knee Raises

Incline Single Leg Push-Up

Lateral Step Leap-Up

Lateral Step-Up

Pike Shoulder Push-Up

Step-Down Alternating

Supine Incline Hip Raise (Straight Leg)

Supine Incline Hip Raise Single Leg



Flexibility Exercises

Ankle Circles

Ankle Circles Backward

Arm Circles Alternating

Arm Circles Alternating Backward

Arm Circles Forward

Back Swings

Back Swings Low

Butt Kicks

Cross Arm

Cross Arm Dynamic

Knee Pull Standing

Knee Pull Supine 1

Single Lateral Raise (Dumbbell)

Knee Pull Supine 2

Lunge Dynamic

Neck Circles

Quadriceps Side

Quadriceps Standing

Seated Butterfly

Seated Lean Back

Shoulder Protraction/Retraction

Shoulder Shrugs

Shuffle

Straight Arm Behind Back

Straight Arm Overhead

Toe Reach

Toe Reach Cross-Over

Toe Reach Seated

Wrist Circles

Wrist Circles Backward

High Bar Exercises

90 Degree Hold Overhand

Alternating Pull-Up

Hanging Alternating Knee Raises

Hanging Bent Knee Cross-Over

Hanging Bent Knee Raises

Hanging Bent Knee Raises (Arms 90)

Hanging Leg-Hip Raise

Hanging Pike

Hanging Straight Leg Cross-Over

Hanging Straight Leg Raises

Hanging Straight Leg Raises (Arms 90)

Isometric Hand Overhand

Lateral Pull-Up

Narrow Pull-Up

Pull-Up

Wide Pull-Up



Kettlebell Exercises

Abdominals - Advanced Kettlebell Windmill

Abdominals - AOS Kettlebell 2-Hands Anyhow

Abdominals - Double Kettlebell Windmill

Abdominals - Kettlebell Figure 8

Abdominals - Kettlebell Figure 8 To A Hold

Abdominals - Kettlebell Pass Between The Legs

Abdominals - Kettlebell Turkish Get-Up (Lunge Style)

Abdominals - Kettlebell Turkish Get-Up (Squat Style)

Abdominals - Kettlebell Windmill

Chest - Kettlebell Alternating Floor Press

Chest - Kettlebell Extended Range one Arm Kettlebell Floor Press

Chest - Kettlebell Leg Over Floor Press

Chest - Kettlebell One Arm Floor Press

Forearms - Kettlebell Bottoms-Up Clean from the Hang Position

Front Squats with Two Kettlebells

Hamstrings - Kettlebell Alternating Hang Clean

Hamstrings - Kettlebell Dead Clean

Hamstrings - Kettlebell Double Snatch

Hamstrings - Kettlebell Double Swings

Hamstrings - Kettlebell Hang Clean

Hamstrings - Kettlebell One-Arm Clean

Hamstrings - Kettlebell One-Arm Open Palm Clean

Hamstrings - Kettlebell One-Arm Snatch

Hamstrings - Kettlebell One-Arm Swings

Lats - Alternating Renegade Row

Lats - Kettlebell Alternating Row

Lats - Kettlebell One-Arm Row

Lats - Kettlebell Two-Arm Row

Quadriceps - Front Squats with Two Kettlebells

Quadriceps - Kettlebell One-Arm Overhead Kettlebell Squats

Quadriceps - Kettlebell One-Arm Split Jerk

Quadriceps - Kettlebell One-Arm Split Snatch

Quadriceps - Kettlebell One-Legged Squat

Quadriceps - Kettlebell Squats

Shoulders - Kettlebell Alternating Press

Shoulders - Kettlebell Alternating Seated Press

Shoulders - Kettlebell Arnold Press

Shoulders - Kettlebell Double Jerk

Shoulders - Kettlebell Double Push Press

Shoulders - Kettlebell Long Cycle Press (Pro Series)

Shoulders - Kettlebell One-Arm Jerk

Shoulders - Kettlebell One-Arm Military Press To the Side

Shoulders - Kettlebell One-Arm Para Press

Shoulders - Kettlebell One-Arm Push Press

Shoulders - Kettlebell One-Arm Seated Military Press

Shoulders - Kettlebell One-Arm Stomp Jerk

Shoulders - Kettlebell Seated Press

Shoulders - Kettlebell Seesaw Press

Shoulders - Kettlebell Two-Arm Military Press



Lever Exercises

- Bench Press (Lever)
- Bent Over Leg Curl (Lever)
- Bent-Over Row (Lever)
- Biceps Curl (Lever)
- Calves - Seated Calf Press (Lever)
- Calves - Standing Calf Raise (Lever)
- Chest Dip (Assisted)
- Chest Dip (Lever)
- Chest Press - Close Grip (Lever)
- Close Grip Pulldown (Lever)
- Decline Fly (Lever)
- Dip
- External Rotation (Lever)
- Fly (Lever)
- Front Pulldown (Lever)
- Hammer Preacher Curl (Lever)
- Hamstring Raise (Assisted)
- Hip Abduction - Standing (Lever)
- Hip Abduction (Lever)
- Hip Extension (Lever)
- Incline Bench Press (Lever)
- Incline Chest Press (Lever)
- Incline Fly (Lever)
- Incline Shoulder Raise
- Internal Rotation (Lever)
- Kneeling Leg Curl (Lever)
- Lateral Pulldown (Lever)
- Lateral Raise (Lever)
- Leg Extension (Lever)
- Leg Press (Lever)
- Leg Raise Crunch (Lever)
- Lying Crunch (Lever)
- Lying Hip Adduction (Lever)
- Lying Leg Curl (Lever)
- Lying Rear Lateral Raise (Lever)
- Military Press (Lever)
- Neck - Extension (Lever)
- Neck - Flexion (Lever)
- Neck - Lateral Flexion (Lever)
- Parallel Grip Incline Bench Press (Lever)
- Parallel Grip Pulldown (Lever)
- Preacher Curl (Lever)
- Press (Lever)
- Pronation (Lever)
- Pull-Up - Assisted
- Pull-Up (Underhand) - Assisted
- Pull-Up (Underhand) - Assisted Standing
- Pull-Up, Close Grip
- Pulldown (Lever)
- Push Crunch (Lever)
- Radial Flexion (Lever)



Lever Exercises

Reverse Preacher Curl (Lever)

Reverse Wrist Curl (Lever)

Roller Wrist Flexion (Lever)

Seated Crunch (Lever)

Seated Fly (Lever)

Seated Hip Adduction (Lever)

Seated Hip Raise Crunch (Lever)

Seated Hip Raise Crunch (Lever)

Seated Leg Curl (Lever)

Seated Rear Delt Row (Lever)

Seated Rear Lateral Raise (Lever)

Seated Row - Narrow Grip (Lever)

Seated Row - Wide Grip (Lever)

Shoulder Press (Lever)

Shrug - Hands-Free (Lever)

Shrug (Lever)

Side Crunch (Lever)

Squat (Lever)

Standing Hip Adduction (Lever)

Standing Leg Curl (Lever)

Standing Row (Lever)

Triceps Dip

Triceps Dip - Assisted

Triceps Dip - Reverse (Lever)

Triceps Dip (Lever)

Triceps Extension (Lever)

Triceps Pushdown (Lever)

Twist (Lever)

Ulnar Flexion (Lever)

Vertical Leg-Hip Raise

Medicine Ball Exercises

Medicine Ball Abs Twist

Medicine Ball Advanced Lying Twist

Medicine Ball Back Arc

Medicine Ball Back Bend

Medicine Ball Balance

Medicine Ball Chest Squeeze

Medicine Ball Crunch

Medicine Ball Fly

Medicine Ball Foot Drum

Medicine Ball Hold-and-Grab

Medicine Ball Hyperextension

Medicine Ball Knee Touch



Medicine Ball Exercises

Medicine Ball Lateral Bend

Medicine Ball Leg Kick

Medicine Ball Leg Raise

Medicine Ball Leg Squeeze

Medicine Ball Lying Twist

Medicine Ball Overhead Chop

Medicine Ball Pelvis Raise

Medicine Ball Push-up

Medicine Ball Situp

Medicine Ball Squat

Medicine Ball Squat Toss

Medicine Ball Woodchopper

Zottman Curl

Stability Ball Exercises

Stability Ball Biceps Curl, Dumbbell, Neutral Grip

Stability Ball Biceps Curl, Dumbbell, Overhand Grip

Stability Ball Biceps Curl, Dumbbell, Underhand Grip

Stability Ball Bridge

Stability Ball Chest Press, Dumbbell, Flat

Stability Ball Chest Press, Dumbbell, Incline

Stability Ball Dumbbell Scarecrow

Stability Ball Dumbbell Side Raise

Stability Ball Fly, Dumbbell, Flat

Stability Ball Fly, Dumbbell, Flat, Prone

Stability Ball Fly, Dumbbell, Incline

Stability Ball Hyperextension

Stability Ball Hyperextension, Legs Up

Stability Ball Jackknife

Stability Ball Pass Off

Stability Ball Pike

Stability Ball Plank

Stability Ball Plank, Twist

Stability Ball Pullover, Dumbbell

Stability Ball Pullover, Dumbbell, Bent Arm

Stability Ball Pushup

Stability Ball Pushup, Legs On Ball

Stability Ball Pushup, On Knees

Stability Ball Side Bend

Stability Ball Triceps Extension

Stability Ball Triceps Extension, Dumbbell

Stability Ball Wrist Curl, Dumbbell

Twisting Crunch (Ball)



Step Exercises

Calf Step

Decline Push-Up

Decline Single Leg Push-Up

Hand Step-Ups

Incline Push-Up

L Step-Up

Negative Calf Raise

SL Negative Calf Raise

Step Reverse Calf Raise

Step Single Leg Reverse Calf Raise

Step Split Squat Low

Step Toe Taps Low

Step-Up

Step-Up and Over Low

Step-Ups

Uneven Push-Up

Uneven Squat

Wall Exercises

Angled Calf Raise

Angled Hip Abduction

Angled Single Leg Calf Raise

Calf Wall

Leg Swings Forward

Leg Swings Lateral

Single Arm Wall Push-Up

SL Wall Squat Iso

Standing Leg Cycles

Step Split Squat High

Supine Single Arm Wall Push to Slide

Supine Wall Push to Slide

Wall 90 Lateral Iso Press

Wall 90 Lateral Reverse Iso Press

Wall Overhead Iso Press

Wall Push-Up

Wall Reverse Overhead Iso Press

Wall Squat Iso

Wall Straight Arm Lateral Iso Press

Wall Straight Arm Reverse Lateral Iso Press